



STUDIO	
MONDAY	
5:45am	Boot Camp
9:30am	*20-20-20
10:45am	*SilverSneakers
4:30pm	Yoga
5:30pm	*TRX Training
6:30pm	*Zumba
7:30pm	*LIFT
TUESDAY	
8:45am	*STEP (45 minutes)
9:30am	*CORE
5:30pm	*BodyWeight Training
6:30pm	*TRX & RIP
7:30pm	*Yoga
WEDNESDAY	
5:30am	LIFT
9:30am	*TRX Interval Workout
10:45am	SilverSneakers
4:30pm	A.I.S. (Active Isolated Stretch & Tone)
5:30pm	*Boot Camp
6:30pm	*LIFT
7:30pm	*Zumba
8:30pm	Tai Chi
THURSDAY	
9:30am	*Yoga
6:30pm	*TRX Training
7:30pm	*Yoga
FRIDAY	
9:30am	*Zumba
10:30am	*TRX Training
5:30pm	Zumba
SATURDAY	
7:15am	LIFT
8:30am	Yoga
9:30am	TRX Training
10:30am	Zumba
SUNDAY	
10:30am	Varies by wk-see back

SPINNING	
MONDAY	
5:45am	Spinning Ride
8:30am	*Spinning Ride
5:30pm	*Spinning Ride
6:30pm	*Spinning Ride
TUESDAY	
5:45am	Spinning Ride
4:30pm	Spinning Ride
6:30pm	*Spinning Ride
WEDNESDAY	
5:30pm	*Intro Spinning Ride (45 mins)
THURSDAY	
5:45am	Spinning Ride
4:30pm	Spinning Ride
6:30pm	*Spinning Ride
FRIDAY	
8:30am	*Spinning Ride
SATURDAY	
7:30am	Spinning Ride (rotation)
8:30am	Spinning Ride (rotation)
SUNDAY	
9:15am	Spinning Ride (rotation)
Group Fitness Prices	
Single Class	Member & Resident = \$ 6
Single Class	Non-Resident = \$ 7
10 Pack	Member & Resident = \$ 40
10 Pack	Non-Resident = \$ 50
3Mo Unlimited	Member & Resident = \$120
3Mo Unlimited	Non-Resident = \$140
 SCHEDULE EFFECTIVE Sunday January 4, 2015 	
Classes are 50-55 minutes unless noted.	
For updates go to www.murray.utah.gov	

AQUA FIT	
MONDAY	
8:45am	*Aqua Fit-DEEP
9:00am	*Aqua Zumba -Shallow
6:00pm	*Aqua Fit-Shallow
6:00pm	*Master Swim
TUESDAY	
9:00am	*Aqua Fit-Shallow
WEDNESDAY	
8:45am	*Aqua Fit-DEEP
9:00am	*Aqua Zumba -Shallow
6:00pm	*Aqua Fit-Shallow
6:00pm	*Master Swim
THURSDAY	
9:00am	*Aqua Fit-Shallow
FRIDAY	
8:45am	*Aqua Fit-DEEP
9:00am	*Aqua Zumba -Shallow
6:00pm	Master Swim
SATURDAY	
8:00am	Aqua Zumba-Shallow,(45min)
KIDZONE	
MONDAY	8:30am - 12pm & 5:30pm - 8pm
TUESDAY	8:30am - 12pm & 5:30pm - 8pm
WEDNESDAY	8:30am - 12pm & 5:30pm - 8pm
THURSDAY	8:30am - 12pm & 5:30pm - 8pm
FRIDAY	8:30am - 12pm / Closed PM
KIDZONE CHILDCARE RATES	
Single Hour	Member & Resident = \$3
Single Hour	Non-Resident = \$4
10 Hour	Member & Resident = \$25
20 Hour	Non-Resident = \$40
1st hour FREE for ANNUAL Membership age 2-9	
OFFSITE option add \$5, care for up to 4 hours	

